



ST. FRANCIS OF THE FIELDS STRATHFIELDSAYE

Sun Smart Agree Practice

December 2010

St. Francis of the Fields is community united in faith and committed in action, to live, learn and grow in God's love.

1. RELEVANT VISION STATEMENT

At St. Francis of the Fields Primary School, we strive to be a community where:

- Parents, students and staff work cooperatively to provide a safe and supportive learning environment.
- We provide a stimulating teaching and learning environment where our children are prepared for life long learning.

2. RELEVANT MISSION STATEMENT

Because we believe firmly in our Vision statements we are committed to:

- Providing parent and staff partnerships through open communication.
- Regularly reviewing resources, facilities & equipment.
- Team planning with each unit and a shared responsibility for children's learning.
- Ongoing professional development for all staff.
- Providing high quality resources & equipment.

3. BASIC BELIEF

- A healthy balance of the sun's ultraviolet (UV) radiation exposure is important for health.
- Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.
- Sun protection is needed when UV levels reach three and above. In Victoria, average UV levels are three and above from September to the end of April. During these months extra care is needed between 10am-3pm when levels reach their peak.
- Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood and is necessary for general health.
- From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months.

4. AIMS

- To ensure that all students and staff maintain a healthy UV exposure balance.
- To encourage the entire school community to use a combination of sun

- protection measures whenever UV Index levels reach three and above.
- To encourage safe UV exposure whenever UV Index levels are below three.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's UV radiation policy.
- Assist families and staff to access the daily SunSmart UV Alert to assist with the implementation of this policy.

5. IMPLEMENTATION

From September to April in Victoria

When average UV Index levels reach 3 and above

Shade

- The school ensures shade is available in school grounds particularly in lunch areas, play equipment areas and where outdoor lessons are held.
- The school ensures shade provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include consideration of shade.
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing (no hat no play at play and lunch will apply with specific shade areas designated).
- Where possible, sport lessons are held in the indoor stadium.

Clothing, hats and sunglasses

Sun protective clothing is included in our school uniform and sports uniform in the following ways:

- The Summer uniform includes a polo shirt with long sleeves and a collar that sits close to the neck, above the collar bone.
- The Summer uniform includes longer style skirts and pants at least to the knee.
- The sports uniform includes a polo shirt that covers the shoulders well and a collar that sits close to the neck, and above the collarbone.
- Students and staff are required to wear hats that protect their face, neck and ears (ie. Bucket hats, legionnaire hats or broad brimmed hats) whenever they are outside.

Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students to use. The ingredients for the sunscreen is clearly displayed in each classroom and on school website. If parents feel the sunscreen is unsuitable for their child, they are encouraged to purchase their own.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside (fruit stop??)
- The school community is encouraged to use sunscreen and reminded about the protection it provides on our school website.

Scheduling

- This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
- Where possible, outdoor activities and events will be scheduled to minimise time in direct sun eg. earlier in the morning, or later in the afternoon. Shaded and indoor venues will be considered.

Staff OHS and Role modelling

- As part of OHS UV risk controls and role modelling, staff are encouraged to use a combination of sun protection measures (sun protective clothing, hats, sunglasses, sunscreen and shade) when outside.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing, hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

From May to August in Victoria

When average UV Index levels are below 3.

- To help maintain Winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches three and above.

6. Curriculum

- Educational programs on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum. This will generally occur in the first few weeks of Term 1.
- Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through school website, newsletter, staff meetings and school assemblies.

7. Professional development for staff

- Appropriate UV exposure measures are included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Information on appropriate UV exposure measures are included in staff booklets.
- New staff are given a copy of this policy.

8. Review of policy

- This policy will be reviewed as part of the school's four-year review cycle.
- The staff of St. Francis of the Fields will be responsible to review this policy with the help of parents, school board and the community.